

## ADJUSTABLE DUMBBELL

### ABSTRACT OF THE DISCLOSURE

An adjustable dumbbell is constructed to comprise a weight carrier pan, the weight carrier pan having a predetermined number of insertion slots. A plurality of flat weights are received in the insertion slots of the weight carrier pan, each having a center through hole. A support bar unit has two bearing plates, a center sleeve connected between the bearing plates, and two suspension racks respectively fixedly fastened to the bearing plates at an outer side, each suspension racks having a predetermined number of insertion slots for the positioning of the weights respectively. A selector is installed in the support bar unit and has two rod members mounted in the center sleeve of the support bar unit, and an adjusting mechanism controlled to move the rod members axially out of two distal ends of the center sleeve into the center holes of the weights to selectively secure the weights to the support bar unit for exercising.